

## GENERAL NOTES

ARCH CONTINUES TO FOLLOW CDC GUIDELINES REGARDING HEALTH AND SAFETY.  
IF YOU ARE NOT FEELING WELL PLEASE REFRAIN FROM ATTENDING ARCH.

FRIDAY LUNCHEAS ARE \$5.00

PLEASE BE AWARE THAT ARCH HAS A POLICY IN WHICH WE DO NOT HEAT UP LUNCHEAS UNLESS IT IS NEEDED AND PRESCRIBED IN WRITING BY A MEDICAL PROVIDER. WE DO NOT HAVE ENOUGH TIME IN OUR LUNCH HOUR TO HEAT UP A MULTITUDE OF LUNCHEAS.

IF YOU TAKE VALLEY METRO DIAL A RIDE PLEASE SET RIDES FOR **5:30 PM** OR EARLIER TO ASSURE PICK UP PRIOR TO CLOSING AT 6:00 PM. FEES MAY BE APPLIED IF STAFF ARE REQUIRED TO STAY LATE.

### 12/13/2022

Friends and Family Winter show

5:30-7:00pm

Refreshments at 6:30pm

Donations accepted.

\*Performers please wear black slacks and white shirt.  
Please arrive by 4:00pm\*



# December

Steps to Health and Wellness

Fall Fitness and Mini Challenge will receive awards this month!

Complete the next challenge to earn a special treat!

### Wednesday Activities :

**12/7/2022**

BBQ at park

10:00 am -2:00 pm

\$6.00

**12/14/2022**

Dollar Store

Please bring \$2.00 towards the gift exchange and then your own spending money

12:30-2:00 pm

**12/21/2022**

Coffee Shop

12:30-2:00 pm

Bring spending \$6.00 min. suggested

**12/28/2022**

Hot Cocoa Cook Off

\$3.00

10:30-11:30 am prep.

12:30-2:00 pm make & enjoy

### CLOSURES

**Fri, Dec 23rd & Mon, Dec 26th**

**Mon, Jan 2nd**

### Special Activities :

**12/1/2022**

Special Olympic Soccer

Meet at ARCH at 7:30 am

Or at the park by 8:30 am

Pioneer Park 8755 N. 83rd Avenue, Peoria, AZ

**12/6/2022**

Phoenix College Health Fair

9:00 AM

**12/9/2022**

Holiday Dinner Dance,

6:00-9:00 pm

\$20.00

Please see flyer that was mailed.

**12/22/2022**

PJ Breakfast and Gift Exchange

10:00 am

\$5.00

**12/30/2022**

New Years Party

& Cider Toast at Noon

\$5.00